

Little Acorns Pre-school:
Information leaflets for parents

Healthy Lunch boxes



Important things you need to remember

- ❖ Please don't overload your child's lunch box – there is a limited amount of time for them to eat their lunch (approx 25 minutes) and too much can be overwhelming for them
- ❖ Remember that we ask your child to eat their savoury items first (sandwich/wrap/cracker etc) before they eat sweet items, so please don't give them too much
- ❖ A variety of foods in small amounts probably works best
 - ❖ Please include a drink, water is ideal
- ❖ Please note we do not refrigerate children's lunches so we suggest you may like to include a mini freezer pack in the lunch box
- ❖ We don't allow children to share food with each other, in case of allergies or intolerances
 - ❖ **Please do not include anything which contains nuts as we have a child with a SEVERE nut allergy**

Lunch box ideas

We suggest you choose 2 – 4 from the following

- ❖ Small sandwiches or wraps or pitta bread; possible fillings - ham, cheese, tuna, egg, chicken
- ❖ A small pot of pasta or rice salad or potato salad or couscous or a small slice of pizza
- ❖ Bread sticks or savoury scone or rice cakes or crackers with cubes of cheese or slices of meat as a source of protein
- ❖ Pieces of veg, e.g. carrot sticks, pepper strips, cucumber, cherry tomatoes, celery, olives with dip or houmous
 - ❖ A handful of crisps or popcorn
- ❖ Small cake or scone or malt loaf or flapjack
- ❖ Fresh fruit pieces or small amount of dried fruit, e.g. apricots, sultanas
- ❖ Small pot of yogurt or fromage frais or custard or rice pudding or jelly

Please could you avoid

- ❖ Large quantities!
 - ❖ Fizzy drinks
 - ❖ Processed foods
 - ❖ Sweets
- ❖ Large amounts of cake or chocolate

**Please ask if you have any
questions**